

# VALUES ACTIVITY

## Topic of the day: Values

The goal of this session is clarify our values and evaluate if we are aligning our goals and daily decisions to our values.

### CARD SORT ACTIVITY

Print off the attachment Value Activity Cards. Cut the cards apart. Put them in a stack. Then sort them into two piles. One pile of values that are important to you and the other pile that is not so important to you. Continue to do the activity until you are down to your top 10 values. If there is a value that is important to you, please write it on a blank card and include it. This list is not all-inclusive.

List Your Top 10 values

1. _____	6. _____
2. _____	7. _____
3. _____	8. _____
4. _____	9. _____
5. _____	10. _____